

Youth Classes

SPANISH FOR FUN AND FOREVER: BEGINNING

Fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Edison Community Center Hall B
5252.300 5yrs to 8yrs 6/25 - 8/13 3:15pm-4:00pm Tu \$92

Blades, Murnez Murdy Community Center Hall D
5379.300 5yrs to 8yrs 6/24 - 8/12 3:15pm-4:00pm M \$92

SPANISH FOR FUN AND FOREVER: INTERMEDIATE

This program is fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Murdy Community Center Hall D
5253.300 Grades 5-8 6/24 - 8/12 4:15pm-5:00pm M \$92

Adult & Teen Classes

AQUA EVENING: AQUA-TONE AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com. No class 7/4.

AquaToneFitness, Dawnette Lowry City Gym Pool
4311.300 16yrs to Adult 6/28 - 8/30 5:30pm-6:30pm F \$76

AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No class 7/4.

AquaToneFitness, Dawnette Lowry City Gym Pool
4314.300 16yrs to Adult 6/24 - 8/26 8:15am-9:25am M \$106
4314.301 16yrs to Adult 6/26 - 8/28 8:15am-9:25am W \$106
4314.302 16yrs to Adult 6/28 - 8/30 6:45am-8:00am F \$106



Adult & Teen Classes

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No class 7/4-5.

Thurn, Debra City Gym Pool
4315.300 Adult 6/24 - 7/26 12:15pm-1:15pm M W F \$75
4315.301 Adult 7/29 - 8/30 12:15pm-1:15pm M W F \$81
4315.302 Adult 6/25 - 7/25 12:30pm-1:30pm Tu Th \$65
4315.303 Adult 7/30 - 8/29 12:30pm-1:30pm Tu Th \$71

AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No class 7/4.

AquaToneFitness, Dawnette Lowry City Gym Pool
4312.300 16yrs to Adult 6/24 - 8/26 7:00am-8:00am M W \$146
4312.301 16yrs to Adult 6/25 - 8/29 7:00am-8:00am Tu Th \$139
4312.302 16yrs to Adult 6/25 - 8/29 8:20am-9:20am Tu Th \$139
4312.303 16yrs to Adult 6/24 - 8/26 7:00am-8:00am M \$76
4312.304 16yrs to Adult 6/26 - 8/28 7:00am-8:00am W \$76
4312.305 16yrs to Adult 6/28 - 8/30 8:20am-9:20am F \$76
4312.306 16yrs to Adult 6/29 - 8/31 7:00am-8:00am Sa \$76

AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class 8/5 or 8/7.

Zschach, Alicia K City Gym Pool
4310.300 12yrs to Adult 6/24 - 8/26 5:30pm-6:30pm M \$68
4310.301 12yrs to Adult 6/26 - 8/28 5:30pm-6:30pm W \$68
4310.302 12yrs to Adult 6/24 - 8/28 5:30pm-6:30pm M W \$131

AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Thurn, Debra City Gym Pool
4313.300 Adult 6/28 - 8/30 11:15am-12:00pm F \$86

AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com.

AquaToneFitness, Dawnette Lowry City Gym Pool
4525.300 16yrs to Adult 6/28 - 8/30 9:30am-10:15am F \$76

AQUATIC EXERCISE: POOLATES - AQUAPILATES

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance.

Thurn, Debra City Gym Pool
4574.300 Adult 6/24 - 8/28 1:15pm-2:15pm M W \$166

Adult & Teen Classes

ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. Materials fee of \$10 due at first class. No class on 7/3. Oquist, Courtney L

Art Center Studio
4468.301 12yrs to Adult 6/19 - 7/24 6:00pm-7:45pm W \$69*
4468.302 12yrs to Adult 7/31 - 8/28 6:00pm-7:45pm W \$69*
*\$62.70 HBAC

ART: DIGITAL PHOTOGRAPHY - INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Weston, Kurt T Art Center Multipurpose
4305.301 16yrs to Adult 8/2 - 9/6 1:00pm-3:00pm F \$91*
*\$82.50 HBAC

ART: DIGITAL PHOTOGRAPHY-BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills and pursue your own photographic vision while using the digital camera of your choice.

Weston, Kurt T Art Center Multipurpose
4304.301 16yrs to Adult 8/2 - 9/6 3:30pm-5:30pm F \$91*
*\$82.50 HBAC

ART: DRAWING AND PAINTING

Maximize your time! This great class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Materials List.

Kent, Pati L Art Center Studio
4302.301 12yrs to Adult 7/16 - 8/6 6:00pm-7:30pm Tu \$78*
*\$70.80 HBAC

ART: DRAWING AND PAINTING ON LOCATION

This unique class which welcomes all levels is offered in Summer only. First class meets in Art Center studio for a lesson in drawing and painting. A map will be given out for the locations of next three lessons. Enjoy the outdoors and the challenge of plein air painting. Materials List.

Kent, Pati L Art Center Studio
4558.301 12yrs to Adult 8/13 - 9/3 6:00pm-8:00pm Tu \$78*
*\$70.80 HBAC

ART: DRAWING WITH WET MEDIA PART 1

This is a class that will explore the techniques of drawing with wet media and its unique sensibilities. Studies on how to use mark making and brush stroke to create depth, texture, form, and space with inks will be practiced. Open to all levels. Materials list.

Pedroza, Ya'el Art Center Studio
4618.301 Adult 6/18 - 7/9 6:00pm-8:00pm Tu \$86*
*\$78 HBAC

ART: DRAWING WITH WET MEDIA PART 2

The versatility of gouache will be demonstrated in this class. Students will examine techniques that have carried this media from classical to its contemporary uses. The use of color theory, depth, space will also be described. Open to beginners through intermediate welcome. Materials List.

Pedroza, Ya'el Art Center Multipurpose
4619.301 Adult 8/1 - 8/29 6:00pm-8:00pm Th \$86*
*\$78 HBAC

ART: FOUNDATION DRAWING

Improve your skills at rendering form through the clear application of light and shade. Still life compositions, nature studies and the figure. Expand your ability to create drawings with successful value, texture, pattern and perspective. All levels welcome.

Moody, Gia M Art Center Studio
4608.301 17yrs to Adult 6/22 - 8/3 2:30pm-4:00pm Sa \$100*
*\$92 HBAC

ART: FRESH COLOR IN STILL LIFE

Learn the art of setting up and composing subjects for Still Life Painting with experienced artist Ebrahim Amin. Learn how to direct light, capture atmosphere and express the combined harmony of subjects in the painting. Materials List.

Amin Fine Art, Ebrahim Amin Art Center Multipurpose
4554.301 14yrs to Adult 8/2 - 8/30 10:00am-12:30pm F \$136*
*\$123 HBAC

ART: LANDSCAPE DRAWING

Discover the power of line, tone and color to enhance your personal expression in a landscape drawing. Work from on site locations as well as working from photographs, memory and imagination.

Moody, Gia M Art Center Multipurpose
4609.201 14yrs to Adult 6/20 - 8/1 2:30pm-4:30pm Th \$73*
*\$66.30 HBAC

ART: OPEN STUDIO PAINTING

This class is an independent study for the intermediate student who is working on a new or existing painting. All subjects welcome, figure, portraits, landscape and still life. Work in a group atmosphere in our studio. Get individual one-to-one support and guidance to help you complete your project. Any wet medium welcome.

Moody, Gia M Art Center Studio
4595.301 14yrs to Adult 6/22 - 8/3 12:15pm-2:15pm Sa \$100*
*\$92 HBAC

ART: PAINTING AND DRAWING STUDIO SESSION

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. There is a \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D
4814.301 Adult 6/25 - 7/30 8:30am-11:30am Tu \$40
4814.302 Adult 8/6 - 9/10 8:30am-11:30am Tu \$40

Parks & Recreation...

Promotes Self Expression

...The Benefits Are Endless

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Adult & Teen Classes

ART: PHOTOGRAPHY – LANDSCAPES AT THE BEACH

This class will show students how to get that professional looking landscape out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition and the fundamentals of landscape will be covered. DSLR is suggested but not required. \$5 material fee due at first class.

Chambers, Randall Art Center Multipurpose

4586.301	Adult	6/22 - 7/6	3:00pm-5:30pm	Sa	\$76*
4586.302	Adult	7/13 - 7/27	3:00pm-5:30pm	Sa	\$76*
4586.303	Adult	8/3 - 8/17	3:00pm-5:30pm	Sa	\$76*

*\$69 HBAC

ART: PHOTOGRAPHY – PORTRAITS AT THE BEACH

This class will show students how to get that professional looking portrait out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting and composition and the fundamentals of portraits will be covered. DSLR is suggested but not required. \$5 material fee due at first class.

Chambers, Randall Art Center Multipurpose

4597.301	Adult	6/19 - 7/3	3:30pm-5:30pm	W	\$76*
4597.302	Adult	7/10 - 7/24	3:30pm-5:30pm	W	\$76*
4597.303	Adult	7/31 - 8/14	3:30pm-5:30pm	W	\$76*

*\$69 HBAC

ART: PLEIN AIR PAINTING IN OIL

Learn the art of Plein Air Painting outdoors with experienced professional Ebrahim Amin. This class will focus on traditional painting skills including vibrant color, movement, light and shade. All levels welcome as each student will be given individual instruction. First class meets at Art Center then on location. Materials List.

Amin Fine Art, Ebrahim Amin Art Center Studio

4552.301	14yrs to Adult	6/19 - 7/17	6:00pm-8:00pm	W	\$136*
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*\$123 HBAC

ART: PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A live model will be used at times to introduce human facial structure and proportions, as well as establish basic concepts of lighting, value and composition. Materials List.

Moody, Gia M Art Center Studio

4505.301	17yrs to Adult	6/22 - 7/27	10:00am-12:00pm	Sa	\$100*
4505.302	17yrs to Adult	8/3 - 8/31	10:00am-12:00pm	Sa	\$84*

*\$92/ \$76.20 HBAC

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. Material fee of \$11 material fee due at first class. No class 7/4.

Husting, Margaret E Murdy Community Center Hall C&D

4395.300	13yrs to Adult	6/27 - 9/5	1:00pm-2:00pm	Th	\$77
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Husting, Margaret E Rodgers Senior Center Hall E

4396.301	13yrs to Adult	6/26 - 9/4	9:00am-10:00am	W	\$77
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Parks & Recreation... Stimulate the Mind

...The Benefits Are Endless

ART: WORK WITH SILVER CLAY

Learn to make Silver Clay jewelry! Students will learn how to work with silver clay, various firing and finishing methods. Projects we will work on are, making a mold, a ring, a leaf pendant, earrings, and setting cubic zirconia stones. Projects completed will vary depending on students' experience. Tools are provided. Material Fee \$27 per project due to Instructor.

Moore, Laura Art Center Studio

3603.301	13yrs to Adult	6/19 - 7/24	5:30pm-7:30pm	W	\$120*
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*\$109 HBAC

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment.

BeachVolleyball, California LLC Beach Courts, North of Pier

4438.301	15yrs to Adult	6/24 - 8/26	6:00pm-7:20pm	M	\$150
4438.302	15yrs to Adult	6/25 - 8/27	6:00pm-7:20pm	Tu	\$150

BEACH VOLLEYBALL: INTERMEDIATE SKILLS

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation.

BeachVolleyball, California LLC Beach Courts, North of Pier

4523.300	15yrs to Adult	6/27 - 8/29	6:00pm-7:20pm	Th	\$150
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BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "The Paris Wife" by Paula McLain before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 6/12, 7/10, 8/14 and 9/11.

Berg, April Rodgers Senior Center Hall D

4317.301	Adult	6/12 - 9/11	7:00pm-9:00pm	W	\$30
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BRIDGE: BEGINNING

This class is just the beginning of the fun you can have once you learn this game. Meet new people and form long time friendships. Handouts, discussions and learning the play of the game. Come join us.

Spira, Rita L Rodgers Senior Center Hall E

4318.301	Adult	6/24 - 8/19	2:00pm-4:00pm	M	\$60
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BRIDGE: INTERMEDIATE 1

Intermediate bridge takes you to the next step if you are familiar with the basics. Learn a variety of the popular conventions, Stayman, weak two's, preemptive bids and much more. Handouts included. No partner needed.

Spira, Rita L Rodgers Senior Center Hall E

4319.301	Adult	6/25 - 8/20	2:30pm-4:30pm	Tu	\$60
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BRIDGE: INTERMEDIATE 2

Are you past the basics? Know some conventions but want to learn others? We start with pre-set hands for each table, covering conventions, bidding techniques, defense and more. Jump in and join us!

Spira, Rita L Rodgers Senior Center Hall E

4320.301	Adult	6/26 - 8/21	6:30pm-8:30pm	W	\$60
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Adult & Teen Classes

CAKE DECORATING: BASICS BEGINNING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Mejia, Rebecca	Murdy Community Center Hall C				
4321.300	13yrs to Adult	6/25 - 7/16	6:00pm-8:00pm	Tu	\$50
4321.301	13yrs to Adult	7/23 - 8/13	6:00pm-8:00pm	Tu	\$50
4321.302	13yrs to Adult	8/20 - 9/10	6:00pm-8:00pm	Tu	\$50

COMPUTERS: CREATE WEBSITES WITH WORDPRESS I

This hands-on beginner course will show you how to sign up for web hosting, install Wordpress, and set up your own website or blog. No prior experience needed. Bring your own computer. There is no materials fee paid to instructor but signing up for web hosting (optional) will be \$8.95/month.

Shen, Michael T	Murdy Community Center Game Room				
4602.300	Adult	7/08 - 7/29	7:00pm-9:00pm	M	\$75

COMPUTERS: EBAY BASICS OF SELLING

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M	Murdy Community Center Game Room				
4353.300	13yrs to Adult	7/9 - 7/23	7:00pm-9:00pm	Tu	\$79

DANCE: ADULT BALLET – BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

Huntington Academy of Dance	City Gym Room A				
4487.300	13yrs to Adult	7/8 - 8/12	7:00pm-8:00pm	M	\$65

DANCE: ADULT BALLET BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class free.

Huntington Academy of Dance	16601 Gothard Street, Suite A				
4326.300	13yrs to Adult	7/10 - 8/14	7:30pm-8:30pm	W	\$65

DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session) such as Waltz, Foxtrot, Cha-Cha, Salsa. Partnering skills and musicality will give you confidence for any kind of dance. No partner required.

Fox, Kaylaa	Edison Community Center Hall A				
4328.300	16yrs to Adult	6/24 - 7/22	7:00pm-7:45pm	M	\$49
4328.301	16yrs to Adult	7/29 - 8/26	7:00pm-7:45pm	M	\$49

Parks & Recreation... Promote Good Health

...The Benefits Are Endless

DANCE: BELLY DANCE FOR FITNESS

Belly dance is a low impact exercise that helps strengthen muscles, especially the back and core. This class teaches the Turkish/Moroccan technique while getting a great cardio workout. It is proven that belly dance reduces stress, builds muscle and build self esteem.

Eckart, Maruja	Murdy Community Center Hall C&D				
4329.300	12yrs to Adult	6/24 - 7/29	7:00pm-8:00pm	M	\$60
4329.301	12yrs to Adult	6/28 - 8/2	10:30am-11:30am	F	\$60

DANCE: COUNTRY LINE BEGINNING

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 materials fee due at first class. No class 7/4.

Fox, Kaylaa	Murdy Community Center Hall C&D				
4462.300	16yrs to Adult	6/27 - 7/25	6:15pm-7:00pm	Th	\$49
4462.301	16yrs to Adult	8/1 - 8/22	6:15pm-7:00pm	Th	\$49

DANCE: COUNTRY LINE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings – it's so in right now. No partner needed. \$2 materials fee due at first class. No class 7/4.

Fox, Kaylaa	Murdy Community Center Hall C&D				
4512.300	16yrs to Adult	6/27 - 7/25	7:00pm-7:45pm	Th	\$49
4512.301	16yrs to Adult	8/1 - 8/22	7:00pm-7:45pm	Th	\$49

DANCE: COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed! No class 7/4.

Fox, Kaylaa	Murdy Community Center Hall C&D				
4579.300	16yrs to Adult	6/27 - 7/25	7:45pm-8:30pm	Th	\$49
4579.301	16yrs to Adult	8/1 - 8/22	7:45pm-8:30pm	Th	\$49

DANCE: EAST COAST SWING

The popular East Coast Swing is fun and versatile. You'll learn skills which apply to all kinds of partner dancing as you dance to jazzy big band and popular music. Patterns are different each session. Basics are covered for newcomers. 5 weeks. No partner required.

Fox, Kaylaa	Edison Community Center Hall A				
4434.300	16yrs to Adult	6/24 - 7/22	7:45pm-8:30pm	M	\$49
4434.301	16yrs to Adult	7/29 - 8/26	7:45pm-8:30pm	M	\$49

DANCE: INTRO TO LATIN DANCE

Learn the basic essentials to Latin Dances of Rumba, Cha Cha, Samba and Jive. This class will teach you how to move different body parts for all the Latin dances. Let's improve your arm styling, body isolation, spins and turns in some exciting solo Latin routines. No partners required.



Dance Asylum, Peter Polak	Art Center Multipurpose				
4610.301	Adult	6/19 - 8/21	7:00pm-7:45pm	W	\$106*
*\$96 HBAC					

Register Online! www.hbsands.org

Adult & Teen Classes

DANCE: LATIN LINE

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba--set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$10.

Foreman, Jill E		Rodgers Senior Center Hall A			
4524.300	Adult	6/18 - 7/23	5:00pm-5:45pm	Tu	\$48
4524.301	Adult	7/30 - 8/27	5:00pm-5:45pm	Tu	\$40

DANCE: LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Hazard, Sue A		Rodgers Senior Center Hall A			
4460.301	Adult	6/26 - 8/21	2:00pm-3:30pm	W	\$45

DANCE: LINE DANCE LEVEL 1

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music.

Hazard, Sue A		Rodgers Senior Center Hall A			
4459.301	Adult	6/28 - 8/23	3:00pm-4:30pm	F	\$45

DANCE: LINE DANCE LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Hazard, Sue A		Rodgers Senior Center Hall A			
4461.301	Adult	6/26 - 8/21	12:30pm-2:00pm	W	\$45

DANCE: POLYNESIAN BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required. No class 7/4.

Seanoa, Melody A		Rodgers Senior Center Hall D			
4598.301	13yrs to Adult	6/27 - 8/1	6:00pm-7:00pm	Th	\$55
4598.302	13yrs to Adult	8/8 - 9/5	6:00pm-7:00pm	Th	\$55

DANCE: PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

Foreman, Jill E		See Receipt Notes			
4561.300	6yrs to Adult	TBA	TBA	TBA	\$64

DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 materials fee due at first class. No class 7/4.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4335.300	Adult	6/27 - 7/25	8:30pm-9:15pm	Th	\$49
4335.301	Adult	8/1 - 8/22	8:30pm-9:15pm	Th	\$49

DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. No class 7/4.

Fox, Kaylaa		Murdy Community Center Hall A			
4339.300	16yrs to Adult	6/27 - 8/1	8:15pm-9:15pm	Th	\$49
4339.301	16yrs to Adult	8/8 - 9/5	8:15pm-9:15pm	Th	\$49

DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. No class 7/4.

Fox, Kaylaa		Murdy Community Center Hall A			
4340.300	Adult	6/27 - 8/1	7:15pm-8:15pm	Th	\$49
4340.301	Adult	8/8 - 9/5	7:15pm-8:15pm	Th	\$49

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. No class 7/4.

Fox, Kaylaa		Murdy Community Center Hall A			
4341.300	Adult	6/27 - 8/1	6:15pm-7:15pm	Th	\$49
4341.301	Adult	8/8 - 9/5	6:15pm-7:15pm	Th	\$49

DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Roseth, Renee B		Rodgers Senior Center Hall D			
4342.301	Adult	6/24 - 8/26	5:00pm-6:00pm	M	\$150
4342.302	Adult	6/25 - 8/27	5:00pm-6:00pm	Tu	\$150

DANCE: TAP ADULTS & SENIORS INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Roseth, Renee B		Rodgers Senior Center Hall D			
4343.301	Adult	6/24 - 8/26	6:00pm-7:00pm	M	\$150
4343.302	Adult	6/26 - 8/28	2:30pm-3:30pm	W	\$150

DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance! Love! Laugh!

Roseth, Renee B		Rodgers Senior Center Hall D			
4476.301	Adult	6/25 - 8/27	6:00pm-7:00pm	Tu	\$150

DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss house-breaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records and \$10 materials fee (includes training manual)

Dog Services, Unlimited		Murdy Community Center Basketball Courts			
4580.300	10yrs to Adult	7/9 - 8/13	7:00pm-8:00pm	Tu	\$76

Adult & Teen Classes

DOG TRAINING: AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested.

Dog Services, Unlimited Edison Community Center

Picnic Shelter #1

4344.300 10yrs to Adult 7/30 - 8/6 8:30pm-9:15pm Tu \$26

DOG TRAINING: BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc). Trophies and certificates awarded at graduation. First meeting inside building, WITHOUT DOGS. Bring shot records and \$10 material fee due at first class (includes training manual).

Dog Services, Unlimited Murdy Community Center

Basketball Courts

4345.300 10yrs to Adult 7/11 - 8/22 7:00pm-8:00pm Th \$88

Dog Services, Unlimited Edison Community Center

Picnic Shelter #1

4346.300 10yrs to Adult 6/25 - 8/6 7:30pm-8:30pm Tu \$88

4346.301 10yrs to Adult 7/10 - 8/21 6:00pm-7:00pm W \$88

DOG TRAINING: CALLING ALL FRISBEE DOGS

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety and motivating your dog to go for a disc and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee due at first class. (Includes Frisbee). Class meets on grass near Dog Park, Edwards and Inlet.

Dog Services, Unlimited Dog Park

4347.300 10yrs to Adult 7/7 4:00pm-5:30pm Su \$29

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson.

Dog Services, Unlimited Murdy Community Center

Basketball Courts

4352.300 10yrs to Adult 7/29 - 8/19 7:00pm-8:15pm M \$78

DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards.

Haney, Katherine Dog Park

4421.300 15yrs to Adult 7/13 - 8/31 9:00am-10:00am Sa \$85

Parks & Recreation...

Create Memories

...The Benefits Are Endless

DOG TRAINING: K9 WORK & PLAY

Challenge your dog with new commands, reinforce obedience basics and stimulate them with fun activities. Work on distance down and sits, drop on recall and progress to sit-stay and down-stay with handlers out of sight. Pre-requisite: beginning dog obedience. Dogs attend all meetings. Pre-registration required. Bring training collar, leash, long line, vaccination records and \$5 materials fee.

Dog Services, Unlimited

Murdy Community Center

Basketball Courts

4581.300 12yrs to Adult 7/9 - 8/13 8:00pm-9:00pm Tu \$76

FITNESS: 2PUA ISLAND DANCE CARDIO

2PUA Island Dance Cardio combines traditional dance steps from the South Pacific with modern formats & techniques. This fun group cardio dance class is designed for all levels whether you are new or experienced. If you enjoy moving & shaking your hips, you'll love this dance workout!! No class 7/4.

Seanoa, Melody A

Rodgers Senior Center Hall D

4614.300 13yrs to Adult 6/27 - 8/1 7:00pm-8:00pm Th \$50

4614.301 13yrs to Adult 8/8 - 9/5 7:00pm-8:00pm Th \$50

FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abdomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring exercise mat and medium-large sized fitness stability ball. No class 7/4.

HB Pilates

Murdy Community Center Hall B

4568.300 Adult 6/26 - 8/28 6:30pm-7:00pm W \$60

HB Pilates

City Gym Room A

4600.300 Adult 6/25 - 8/27 6:30pm-7:00pm Tu \$60

4600.301 Adult 6/26 - 8/28 11:15am-11:45am W \$60

HB Pilates

Edison Community Center Hall B

4605.300 Adult 6/24 - 8/26 8:30pm-9:00pm M \$60

4605.301 Adult 6/25 - 8/27 11:15am-11:45am Tu \$60

FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself. No class 7/30.

Grossman, Marianne

Edison Community Center Hall A

4358.300 Adult 6/25 - 8/27 5:45pm-6:45pm Tu \$72

FITNESS: CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended. No class 7/4.

Pridomirski, Joanne C

Edison Community Center Hall A

4369.300 13yrs to Adult 6/25 - 8/29 8:45am-9:45am Tu Th \$70

FITNESS: CARDIO STEP AND BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No class 7/5.

Hardy, Susan S

Edison Community Center Hall B

4371.300 13yrs to Adult 6/24 - 8/26 5:15pm-6:15pm M W F \$100

4371.301 13yrs to Adult 6/29 - 8/17 8:30am-9:30am Sa \$39

Adult & Teen Classes

FITNESS: CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. No class 7/5.

*Take Cardio Step and Head to Toe Workout together and save!

Hardy, Susan S	Murdy Community Center Hall A
4370.300	13yrs to Adult 6/24 - 8/26 9:15am-10:00am M W F \$96
*4424.300	13yrs to Adult 6/24 - 8/26 8:30am-10:00am M W F \$116

FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50 and with fun music and easy to follow low impact routines. Stay motivated and keep moving! No class 7/26, 7/30, 8/2.

Grossman, Marianne	Rodgers Senior Center Hall B
4816.301	50yrs and 6/25 - 8/30 9:00am-9:45am Tu F \$42

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family group. \$80 for one day weekly up to 3 family members, \$4 per each extra person. \$125 for both days up to 3 family members, \$5 per each extra person. Opportunities for advancement.

Cardinal, Frances M	Rodgers Senior Center Hall B
4386.301	3yrs to Adult 6/25 - 9/3 5:00pm-6:00pm Tu \$80
4386.302	3yrs to Adult 6/27 - 9/5 5:00pm-6:00pm Th \$80
4386.303	3yrs to Adult 6/25 - 9/5 5:00pm-6:00pm Tu Th \$125

FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. No class 7/5.

*Take Cardio Step and Head to Toe Workout together and save!

Hardy, Susan S	Murdy Community Center Hall A
4363.300	13yrs to Adult 6/24 - 8/26 8:30am-9:15am M W F \$96
*4424.300	13yrs to Adult 6/24 - 8/26 8:30am-10:00am M W F \$116

FITNESS: HEAD TO TOE WORKOUT/STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$. Please see description for each class. No class 7/5.

Hardy, Susan S	Murdy Community Center Hall A
4424.300	13yrs to Adult 6/24 - 8/26 8:30am-10:00am M W F \$116

FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. walk-ins welcome, \$15. Registration is accepted in person at any time. No class 7/4.

Wilker, Mary M	City Gym Gymnasium
4364.300	Adult Monthly Pass \$40
4364.301	Adult 10 Classes \$55
4364.302	Adult 4 Classes \$25

FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Weber, Julia R	Murdy Community Center Hall A
4360.300	13yrs to Adult 6/25 - 8/27 7:00pm-8:00pm Tu \$84

FITNESS: PILATES CARDIO BARRE

This high-energy class incorporates Pilates, yoga and dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories. Fitness level: Intermediate. Bring water, towel and mat. No class 7/4.

HB Pilates	Murdy Community Center Hall B
4511.300	Adult 6/25 - 8/27 7:15pm-8:15pm Tu \$120

HB Pilates	Edison Community Center Hall B
4513.300	Adult 6/24 - 8/26 7:30pm-8:30pm M \$120

HB Pilates	City Gym Room A
4514.300	Adult 6/26 - 8/28 10:15am-11:15am W \$120
4514.301	Adult 6/27 - 8/29 7:15pm-8:15pm Th \$108
4514.302	Adult 6/28 - 8/30 7:45am-8:45am F \$120

FITNESS: PILATES MAT CLASS

This class is designed for all ages and ability levels. The exercises are low impact with high results. Work on core strength, toning arms and thighs, and conditioning the entire body. Pilates is designed to improve posture, strength, flexibility, balance and total mind-body awareness. Bring water and an exercise mat. No class 7/4.

HB Pilates	Edison Community Center Hall B
4365.300	Adult 6/24 - 8/26 6:30pm-7:30pm M \$110
4365.301	Adult 6/25 - 8/27 9:00am-10:00am Tu \$110
4365.302	Adult 6/28 - 8/30 10:30am-11:30am F \$110

HB Pilates	City Gym Room A
4366.300	Adult 6/26 - 8/28 9:00am-10:00am W \$110
4366.301	Adult 6/27 - 8/29 6:15pm-7:15pm Th \$99

HB Pilates	Murdy Community Center Hall B
4465.300	Adult 6/25 - 8/27 6:00pm-7:00pm Tu \$110
4465.301	Adult 6/29 - 8/31 9:00am-10:00am Sa \$110

HB Pilates	Rodgers Senior Center Game Room
4539.300	Adult 6/26 - 8/28 5:00pm-6:00pm W \$110
4539.301	Adult 6/29 - 8/31 10:00am-11:00am Sa \$110

FITNESS: PILOXING

From Hollywood to Huntington Beach, PILOXING® combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING® integrates the power, speed, and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Bring exercise mat. No class 7/4.

HB Pilates	City Gym Room A
4544.300	Adult 6/25 - 8/27 7:00pm-8:00pm Tu \$120
4544.301	Adult 6/27 - 8/29 5:15pm-6:15pm Th \$108

HB Pilates	Murdy Community Center Hall B
4545.300	Adult 6/26 - 8/28 7:00pm-8:00pm W \$120
4545.301	Adult 6/29 - 8/31 10:15am-11:15am Sa \$120

HB Pilates	Edison Community Center Hall B
4571.300	Adult 6/25 - 8/27 10:15am-11:15am Tu \$120

Register Online! www.hbsands.org

Adult & Teen Classes

FITNESS: PRIVATE PERSONAL TRAINING/ PILATES SESSION

Train one-on-one with a NASM Certified Personal Trainer and BASI Certified Pilates Instructor for one hour. Each workout is specifically designed to target personal health and fitness goals utilizing the essentials and equipment from both Pilates and personal training to maximize results. Time and dates TBD No class 7/4.

HB Pilates Murdy Community Center Hall B
4606.300 Adult 6/24 - 9/14 9:00am-9:00pm TBD \$60

FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat. No class 7/4.

Spidle, Georgia A Edison Community Center Hall A
4367.300 13yrs to Adult 6/24 - 8/30 9:00am-10:00am M W F \$75

Spidle, Georgia A Murdy Community Center Hall A
4368.300 13yrs to Adult 6/25 - 8/29 9:00am-10:00am Tu Th \$70

FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No class 7/29.

Grossman, Marianne Rodgers Senior Center Hall A & B
4372.301 Adult 6/24 - 8/26 5:30pm-6:30pm M \$58

FITNESS: TURBO KICK

Turbo Kick is a combination of kickboxing moves as well as dance moves choreographed to fun and motivating music. It's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick requires no kickboxing experience or equipment. Bring water, towel, and join the party!

Ferguson, Jennifer Edison Community Center Hall A
4617.300 Adult 6/25 - 8/27 7:15pm-8:15pm Tu \$100

FITNESS: ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout - Join the Party! More info: www.sockhopfitness.com.

Foreman, Jill E Edison Community Center Hall A
4446.300 16yrs to Adult 6/26 - 8/28 6:35pm-7:25pm W \$72

FITNESS: ZUMBA - AGES 6 TO 86!

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun!

Foreman, Jill E Rodgers Senior Center Hall A
4573.300 6yrs to 86yrs 6/18 - 7/23 6:00pm-6:50pm Tu \$36
4573.301 6yrs to 86yrs 7/30 - 8/27 6:00pm-6:50pm Tu \$30

FITNESS: ZUMBA GOLD & TONE

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$10.

Foreman, Jill E Rodgers Senior Center Hall A & B
4373.300 Adult 6/17 - 8/26 9:00am-9:50am M \$74
4373.301 Adult 6/22 - 7/27 9:00am-9:50am Sa \$49
4373.302 Adult 6/22 - 8/31 9:00am-9:50am Sa \$74
4373.303 Adult 8/3 - 8/31 9:00am-9:50am Sa \$41

FITNESS: ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights.

Foreman, Jill E Edison Community Center Hall A
4489.300 16yrs to Adult 6/24 - 8/26 5:45pm-6:30pm M \$69

FITNESS: ZUMBA TONING PLUS SENTAO

Revolutionize your workout with Zumba Toning plus Sentao! Using a chair as your dance partner, Sentao revitalizes your cardio workout with moves like you've never seen. Add in the power of Toning and you've got one calorie-torching, core strengthening, and body sculpting fitness party! Suggested; light weights or Toning Sticks.

Foreman, Jill E Edison Community Center Hall A
4590.300 16yrs to Adult 6/26 - 8/28 5:45pm-6:30pm W \$69

FREE YOUR MIND

Free Your Mind matures with BEYOND YOUR MIND! In honor of the powerful energies brought forth with this NEW millennium, NEW insights, NEW awareness, and NEW deeper understanding is revealed, thus allowing connection with self and surrounding world with more clarity than ever before. Bring a smile, pen and notebook.

Caldwell, Sunny K Rodgers Senior Center Game Room
4375.301 Adult 7/2 - 7/23 6:30pm-8:00pm Tu \$36

GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music, Patrick McGrath Edison Community Center Hall B
4615.300 10yrs to Adult 6/25 - 8/13 7:15pm-8:15pm Tu \$125

ITALIAN: INTENSIVE BEGINNING

Whether you are traveling to Italy or just have a passion for the language, this intensive two week course will give you the basic words and phrases to get you on your way to learning and communicating. Focus is on spoken Italian.

Spectrum Languages Edison Community Center Hall C&D
4551.300 Adult 6/24 - 7/1 6:30pm-8:30pm M \$44

Parks & Recreation...

Promote Weight Loss

...The Benefits Are Endless

Register Online! www.hbsands.org

Adult & Teen Classes

KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. You will sweat and have a good time. - Belt Advancement is Available. No class 7/4.

Betance, Justin Murdy Community Center Hall B
4441.300 16yrs to Adult 6/27 - 8/22 7:30pm-8:30pm Th \$120
9:00am-9:45am Sa

KARATE: TRADITIONAL JAPANESE KARATE-DO ALL RANK

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. No class 7/4.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A
4383.300 15yrs to Adult 6/27 - 8/29 7:00pm-8:15pm Th \$100

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. Any one day \$60, any 2 days \$105, all 3 days \$130. No Saturday classes on the first Saturday of each month.

Cardinal, Frances M Rodgers Senior Center Hall B
4385.300 13yrs to Adult 6/25 - 9/3 6:15pm-7:45pm Tu \$60
4385.301 13yrs to Adult 6/27 - 9/5 6:15pm-7:45pm Th \$60
4385.302 13yrs to Adult 6/29 - 8/31 10:00am-12:00pm Sa \$60
4385.303 13yrs to Adult 6/25 - 8/31 6:15pm-7:45pm Any 2 days \$105
4385.304 13yrs to Adult 6/25 - 8/31 6:15pm-7:45pm All 3 days \$130

MUSIC: UKULELE 101 A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class July 2 and Aug. 6. Note: \$5 material fee will be collected at first class.

Price, Donald F Rodgers Senior Center Hall E
4390.301 Adult 6/25 - 8/13 9:30am-10:30am Tu \$49

MUSIC: UKULELE 102 - BEYOND BEGINNERS

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class 7/2 & 8/6. Note: \$5 material fee due at first class.

Price, Donald F Rodgers Senior Center Hall E
4391.300 Adult 6/25 - 8/13 10:45am-11:45am Tu \$49

QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Walker, Donald D Murdy Community Center Hall C&D
4394.300 Adult 6/26 - 8/7 6:00pm-7:15pm W \$49

SKATING: ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Class is taught at Westminster ICE, Westminster Ice 13071 Springdale, Westminster

4436.300 17yrs to Adult 7/31 - 8/21 6:10pm-6:40pm W \$37

SPANISH FOR FUN AND FOREVER - BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 activity fee due at first class.

Blades, Murnez Rodgers Senior Center Hall C
4399.301 Adult 6/25 - 8/13 6:00pm-7:00pm Tu \$82
4399.302 Adult 6/27 - 8/15 3:00pm-4:00pm Th \$82

SPANISH FOR FUN AND FOREVER - INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 activity fee due at first class.

Blades, Murnez Rodgers Senior Center Hall E
4400.301 Adult 6/27 - 8/15 4:15pm-5:15pm Th \$82

SURFING: BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

HB Surf School, Bill Sharp Beach Service Center
South Side of Pier

4402.301	10yrs to Adult	7/6	8:00am-9:30am	Sa	\$75
4402.302	10yrs to Adult	7/13	8:00am-9:30am	Sa	\$75
4402.303	10yrs to Adult	7/20	8:00am-9:30am	Sa	\$75
4402.304	10yrs to Adult	7/27	8:00am-9:30am	Sa	\$75
4402.305	10yrs to Adult	8/3	8:00am-9:30am	Sa	\$75
4402.306	10yrs to Adult	8/10	8:00am-9:30am	Sa	\$75
4402.307	10yrs to Adult	8/17	8:00am-9:30am	Sa	\$75
4402.308	10yrs to Adult	8/24	8:00am-9:30am	Sa	\$75
4402.309	10yrs to Adult	9/14	8:00am-9:30am	Sa	\$75
4402.310	10yrs to Adult	9/28	8:00am-9:30am	Sa	\$75

SURFING: LEARN TO SURF

This is a four-lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. More info: www.hbsurfschool.com.

HB Surf School, Bill Sharp Beach Service Center
South Side of Pier

4403.301	10yrs to Adult	7/6 - 7/21	8:00am-9:30am	Su Sa	\$200
4403.302	10yrs to Adult	8/3 - 8/18	8:00am-9:30am	Su Sa	\$200
4403.303	10yrs to Adult	9/14 - 9/29	8:00am-9:30am	Su Sa	\$200

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. No class 7/4.

Pham, Elizabeth Rodgers Senior Center Hall B
4407.301 Adult 6/24 - 8/26 6:30pm-8:00pm M \$50
4407.302 Adult 6/27 - 8/29 9:00am-10:30am Th \$50

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. No class 7/4.

Howe, Shona S Rodgers Senior Center Hall B
4499.301 Adult 6/24 - 8/26 6:30pm-8:00pm M \$50
4499.302 Adult 6/27 - 8/29 9:00am-10:30am Th \$50

Adult & Teen Classes

TAI CHI FOR WELLNESS I

First class is free! Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Walker, Donald D Edison Community Center Hall B
4404.300 Adult 6/24 - 8/5 1:30pm-2:45pm M \$49

TAI CHI TIGER WALKING

First class is free! Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Donald D Lake Park Clubhouse, 1035 11th Street
4435.301 Adult 7/9 - 8/6 1:00pm-2:15pm Tu \$45
4435.302 Adult 7/9 - 8/6 6:30pm-7:45pm Tu \$45

VOLLEYBALL: ADULT INDOOR CLINIC – INTERMEDIATE

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills.

Taylor, Matthew R City Gym Gymnasium
4583.300 16yrs to Adult 6/25 - 7/23 7:15pm-9:15pm Tu \$89
4583.301 16yrs to Adult 7/30 - 8/27 7:15pm-9:15pm Tu \$89

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced only: Women's competitive league play! Wednesday is for the beginning to intermediate player to refresh your skills of bumping, setting, spiking and serving. No class 7/4.

Taylor, Matthew R City Gym Gymnasium
4409.300 18yrs to 80yrs 6/25 - 8/27 9:30am-12:30pm Tu \$65
4409.302 18yrs to 80yrs 6/27 - 8/29 9:30am-12:30pm Th \$65

YOGA, A MOVING MEDITATION

This Hatha yoga practice is a moving meditation of postures to promote strength, balance and union among the mind, body, and universe. Focus is on the breath and experiencing the present. All levels welcome! Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice July 6 and August 31.

Patire, Mary R Edison Community Center Hall C&D
4559.300 14yrs to Adult 6/29 - 9/7 10:30am-11:30am Sa \$72

YOGA: CANDLELIGHT VINYASA YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body and spirit while decreasing stress and increasing inner peace and awareness.

Stanek, Denise Art Center Multipurpose
4594.301 17yrs to Adult 6/18 - 8/6 6:30pm-7:30pm Tu \$116*
*\$99.60 HBAC

Parks & Recreation...

Instill Teamwork

...The Benefits Are Endless

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Carmichael, Yvonne City Gym Room A
4410.300 16yrs to Adult 6/24 - 8/26 10:30am-12:00pm M \$87

YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500, ERYT-500. No class 7/3.

Pavesic, Diane M Edison Community Center Hall C&D
4411.300 Adult 6/26 - 8/21 4:30pm-5:30pm W \$62
4411.301 Adult 6/26 - 8/21 5:45pm-6:45pm W \$62
4411.302 Adult 6/26 - 8/21 7:00pm-8:00pm W \$62

YOGA: GENTLE THERAPEUTIC YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional style class using props and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. Bring a mat and blanket.

HelpYourHealth, RoxAnn Madera Lake View Clubhouse
17451 Zeider Lane
4578.300 15yrs to Adult 6/29 - 8/17 10:15am-11:15am Sa \$94

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera Marutani Center
18964 Brookhurst St, Fountain Valley
4509.300 15yrs to Adult 6/18 - 8/13 9:00am-10:15am Tu \$133
4509.301 15yrs to Adult 6/19 - 8/14 9:00am-10:15am W \$133

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket. This class is held at the Marutani Dojo Cultural Center 18964 Brookhurst St Fountain Valley 92708.

HelpYourHealth, RoxAnn Madera Marutani Center
18964 Brookhurst St, Fountain Valley
4613.300 15yrs to Adult 6/29 - 8/17 9:00am-10:00am Sa \$94

YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more complicated poses, longer holds and flowing with the breath. Learn in the atmosphere of a small class, limited to 12 students with personalized attention.

HelpYourHealth, RoxAnn Madera Marutani Center
18964 Brookhurst St, Fountain Valley
4576.300 15yrs to Adult 6/18 - 8/13 10:45am-12:00pm Tu \$133

Adult & Teen Classes

YOGA: IN THE GREAT OUTDOORS

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Please bring a yoga mat or towel.

Stevenson, Sarah Harriett Wieder Park, 19251 Seapoint Avenue
4414.301 Adult 6/29 - 8/31 9:00am-10:00am Sa \$95

YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class 8/5-9.

King, Jacki, CYT, RYT Murdy Community Center Hall A
4417.300 Adult 7/1 - 8/26 4:35pm-5:35pm M \$62
4417.301 Adult 7/10 - 8/21 4:30pm-5:30pm W \$52

Carmichael, Yvonne Murdy Community Center Game Room
4418.300 16yrs to Adult 6/26 - 8/28 10:30am-12:00pm W \$87
4418.301 16yrs to Adult 6/28 - 8/30 10:30am-12:00pm F \$87

Holden, Susan, CYT, RYT Murdy Community Center Hall A
4450.300 16yrs to Adult 7/1 - 8/26 6:00pm-7:00pm M \$62
4450.301 16yrs to Adult 7/1 - 8/26 7:15pm-8:15pm M \$62
4450.302 16yrs to Adult 7/2 - 8/27 5:30pm-6:30pm Tu \$62
4450.303 16yrs to Adult 7/12 - 8/30 4:00pm-5:00pm F \$57

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500. No class 7/4.

Pavesic, Diane M Rodgers Senior Center Hall E
4413.301 Adult 6/27 - 8/22 10:00am-11:00am Th \$62
4413.302 Adult 6/27 - 8/22 11:00am-12:00pm Th \$62



YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane M Rodgers Senior Center Hall D
4817.301 50yrs and 6/24 - 8/19 10:00am-11:00am M \$70

YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket.

HelpYourHealth, RoxAnn Madera Marutani Center
18964 Brookhurst St, Fountain Valley

4510.300 50yrs and up 6/17 - 8/12 1:00pm-2:30pm M \$133
4510.301 50yrs and up 6/18 - 8/13 12:30pm-2:00pm Tu \$133
4510.302 50yrs and up 6/19 - 8/14 10:30am-12:00pm W \$133
4510.303 50yrs and up 6/21 - 8/16 10:30am-12:00pm F \$133



Computers and Active Aging

COMPUTERS: ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing, the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Lander, Joel Rodgers Senior Center Computer Lab
4593.300 25yrs to Adult 7/3 - 7/26 9:00am-12:00pm W F \$66
4593.301 25yrs to Adult 8/16 - 9/6 9:00am-12:00pm F \$66

COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab
4800.300 50 yrs and up 7/9 - 7/30 9:00am-11:30am Tu \$15
4800.301 50 yrs and up 8/6 - 8/27 9:00am-11:30am Tu \$15